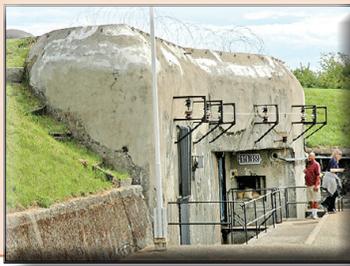


Sesame Street
Elmo and gang to visit Baumholder, Wiesbaden. See pages 8 and 15.



Maginot Line
Head underground to explore this World War II landmark. See page 18.



Get crafty
Baumholder, Wiesbaden centers offer lessons, supplies, more. See page 19.



Herald Union



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Back in Hessen

V Corps' colors uncasing marks official move from Heidelberg to Wiesbaden

By Karl Weisel
U.S. Army Garrison
Wiesbaden Public Affairs
Office

German and American leaders were on hand to welcome V Corps back to Hessen Aug. 12.

Hessen state and city officials joined U.S. Army Europe Soldiers and Families in witnessing the uncasing of the V Corps colors in a ceremony at the Wiesbaden Fitness Center. The event marked the official return of the storied unit, established during a World War I battle in France, to Hessen after having left Frankfurt in 1994 to join USAREUR Headquarters in Heidelberg.

Comparing V Corps to a



Photo by Karl Weisel

V Corps' Brig. Gen. Ricky D. Gibbs (left) and Command Sgt. Maj. William M. Johnson uncasing the unit's colors in a ceremony on Wiesbaden Army Airfield Aug. 12.

“phoenix that is rising again,” Lt. Gen. Mark Hertling, U.S. Army Europe commander, called the uncasing a “historic

event. ... the standing up again of V U.S. Corps.”

The USAREUR leader, who served in Wiesbaden while commanding 1st Armored Division, praised the close relationship and support by the host nation of Soldiers and Families.

“Lord Mayor Müller, the people of your city have always been great supporters to our units. We also look forward to the continuance of our long tradition of friendship and partnership, not only during the standup of this corps, but what will happen in the near future as U.S. Army Europe comes from Heidelberg to Wiesbaden.”

Referring to his love of sports movie heroes, Hertling compared V

Corps' long history to that of
See V Corps move on page 3

Supporting Soldiers in transition

By Lt. Gen. Rick Lynch
Commander of the Installation
Management Command

The decision to transition out of uniform is as important as the initial decision to put it on. Soldiers deserve as much support at this critical point in their service as they do with earlier parts of their career. That is why the Army provides the Army Career and Alumni Program and is working to make ACAP even more effective.

ACAP delivers transition and job assistance services to Soldiers to support them in making informed career decisions. These services include pre-separation counseling, Veteran Affairs benefits briefings and Department of Labor Transition Assistance Program workshops, which cover career planning, job searches, resume writing and interviewing.



ACAP services are available to separating and retiring Active Component Soldiers, demobilizing Reserve and National Guard Soldiers, Family members, retirees and civilians affected by BRAC, reduction in force or global realignment.

In April 2010 the vice chief of staff of the Army directed a

See Supporting Soldiers on page 2



Photo by Lauren Moore

Sgt. 1st Class Carmella Rivera observes as Maj. Tammy Howell fires an M9 pistol during training at the Wackernheim Regional Range Complex.

Women warriors Soldiers discuss role of females in the military

By Lauren Moore
Special to the Herald Union

Since Deborah Sampson disguised herself to impersonate a man in order to join the U.S. Army in 1782, American women have been revolutionizing the military.

Just as in the civilian world where women have continued to expand their career opportunities joining men as top chief executive officers and in occupations across the spectrum, the U.S. Army has been no exception.

“It’s changed a lot already,” said 5th Signal Command’s Sgt. 1st Class Carmella Rivera, who has served in the military for two decades. “We are like equals now (with men). They’ve accepted us. When we first came into the Army they were like, ‘Oh I’ve got [that equipment] for you.’ And now they’re like ‘OK — you’ve got it.’”

Despite the dramatic changes in the roles of female Soldiers, many are still reluctant to see women in permanent combat roles.

“Personally as a female, I’d be against women joining the front line. The equipment isn’t really made for women — the

See Women warriors on page 16

Supporting Soldiers . . .

Continued from page 1
 thorough review of the program, which included visits to ACAP centers and thousands of interviews with Soldiers and civilians.

The study found that while Soldiers are allowed to use ACAP services up to two years before retirement or one year before separation, they do not always have leadership support in doing more than the minimum required by law, which is attending the pre-separation briefing no later than 90 days before separation.

However, just meeting the letter of the law is too little, too late.

The more Soldiers are able to use ACAP services, the more successful their transition. Based on the study results and the vice chief of staff's guidance, over the next few months ACAP is implementing an enhanced 12-month transition program model focused on helping Soldiers develop an Individual Transition Plan and put it into action.

Under this choice-based, results-oriented model, Soldiers will have the opportunity to spend up to 60-70 hours accessing ACAP resources, including the pre-separation briefing, the two-and-a-half day Transition Assistance Program workshop, the four-hour VA briefing and individual counseling sessions. The TAP workshop is also being updated, to incorporate development of the Individual Transition Plan.

The 12-month timeframe is designed to minimize conflict with unit mission requirements and enable Soldiers to take full advantage of ACAP resources. About four out of 10 eligible Soldiers who start ACAP decide to reenlist or join the National Guard or

Reserves, while others need to get a solid start preparing for the next phase of their careers, whether it is going to school, starting a new job or starting a business. New policy and guidance on the transition program will be issued in the first quarter of FY12.

The key to making ACAP as effective as possible is leader commitment. ACAP is a commander's program. Soldiers will take off the uniform at some point, whether through separation or retirement, and it is up to leaders to take care of them until the very last day. Taking care of Soldiers includes supporting their active participation in ACAP, and if a Soldier decides to separate, making sure no stigma is attached to their decision.

It is smart business to support Soldiers' use of ACAP. In FY10 the Army spent more than \$500 million in unemployment compensation for veterans, a number expected to rise even higher in FY11. The Army is looking to reduce that amount by better preparing Soldiers to enter the civilian workforce.

More to the point, it is the right thing to do to support Soldiers' transition planning. Transition is stressful under the best of circumstances, and right now Soldiers are facing a tough job market.

We have to equip our Soldiers to take the skills and values they learned in the Army and translate them into success in the next phase of their careers. When Soldiers take off the uniform, we want them to know they made the right choice for themselves, their careers and their families when they put it on in the first place.

It's the least we can do for their service and sacrifices.

D6 sends

ICE feedback: Reader praises Wiesbaden airfield photo exhibition

When I learned of the Zeitflug exhibit, I rushed to the Rathaus to see it. I was amazed, completely swept up and enthralled by it. My thought was "this exhibit needs to be at Wiesbaden Army Airfield."

As if someone read my mind, I learned it was actually coming to us here at WAAF. I am thrilled and grateful to those who made this happen, and I understand Anemone Rueger [garrison public affairs officer] was instrumental in this effort. I think it is so very important to instill appreciation for a sense of place, who we are and what we are so fortunate to be a part of in our life journey. This is even more so important in this day and age when everything moves so fast, has a brief "shelf life"



The Time Travel photo exhibition, currently on display at the Wiesbaden Dining Facility on Wiesbaden Army Airfield, continues through the end of August.

of interest and history is readily forgotten or overlooked. This

opportunity makes it possible for us to connect with this past, and I hope will evoke greater interest and reverence in all of us. If I hadn't already been an aviation enthusiast to say nothing of loving being in Wiesbaden and at WAAF, I would still no doubt be absolutely enamored by this history — who wouldn't be?

I was personally inspired by the accomplishments and courage of the early aviatrixes (Fliegerinnen). . . . And I thought we live in exciting times.

Thank you again to all who made this possible and for connecting us with this history as we are so fortunate to make history going forward each day here in Wiesbaden.

**Christine Jones
 Wiesbaden**

Growing up in U.S. and overseas helps expand writer's horizons

**Commentary by
 Lauren Moore
 Special to the Herald Union**

When I was 8 years old, I moved from Tennessee to Frankfurt, Germany, for my father's job. The transition was rough at best, but in hindsight, it was one of the best decisions my dad ever made, in my opinion.

I did not know German yet, and we didn't have access to Department of Defense Dependents Schools because no one in my family worked for the military or U.S. government. My parents placed me at Frankfurt International School in Oberursel. In elementary school I was put into the immersion program which was not easy but it definitely helped me learn German faster.

In middle school I began branching out and wanting to try different things. I auditioned for a play and tried out for basketball and made neither. I began rebelling against my

parents for bringing me to this foreign country. I refused to learn any more German, which was a moot point because I was already mostly fluent, and German classes were mandatory.

In seventh grade I tried hard again and made both the basketball team and the play. So I started to learn what I liked and didn't.

This adventurous attitude continues and it drives my parents nuts sometimes. But this is something I have found to be a positive while living overseas.

High school, especially the last two years, was, for lack of a better word, awesome. I had developed the confidence I needed in order to be involved in many extracurricular activities. These activities, including Model United Nations and sports teams, took me away every weekend to other countries where I met and befriended other international students and got to see a lot of Europe before

I graduated.

College was a huge transition after living so long overseas. For starters, no one made an effort to be my friend, which was quite different from my school overseas. Secondly, anytime I would try and relate to other people about my high school years they would look at me as if I were being rude and bragging.

Eventually, however, I did find friends and carve a place for myself at Susquehanna University.

Looking back, like many other young people in and out of the military community, I can truly say I wouldn't trade my experiences growing up both in the United States and overseas for anything — it helped me grow in more ways than I can count. *(Lauren Moore served as a summer intern with the garrison's Public Affairs Office during the summer months.)*

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News flash

Community Soldier Ride

Members of the military community in Europe interested in commemorating the 10th anniversary of the attacks on the United States on Sept. 11, 2001, while also supporting wounded warriors, are invited to participate in a Community Soldier Ride at the Bostalsee Lake near Baumholder. Soldier Ride is a wounded warrior project that provides rehabilitative cycling opportunities for wounded service members to help restore their physical and emotional well-being. Fifty wounded warriors from the European theater will participate in a three-day ride. The Community Soldier Ride is on Sept. 11. Bostalsee Lake is about 20 kilometers from Baumholder. Registration and packet pick-up opens at 7:30 a.m. with opening ceremonies at 9 a.m. The ride begins at 9:30 a.m. (either a four-mile or 18-mile route). Community members can register online (at no cost) at www.soldierride.org/germany. (IMCOM-Europe Public Affairs)

AAFES offers free comic

The Army and Air Force Exchange Service is once again joining forces with Marvel Comics to distribute a free, military-exclusive comic book at local exchanges. The 11th issue in the Exchange/Marvel series, titled "The First Avenger," revolves around kidnapped civilians who transform into super-strong creatures and attack small European villages. Captain America tackles the bad guys. The free comic book will be available on a first-come, first-served basis at the Wiesbaden Exchange. (AAFES Public Affairs)

Security Symposium and Info Fair

The Rhein Main Chapter of the Association of the U.S. Army holds a Security Symposium and Information Fair at the Gelnhausen Pond Academy Sept. 8-9. Leaders from the Army, Department of Defense, German government and defense industry will be in attendance as 600 professionals from around the world participate in professional development presentations and view displays representing the latest security technology and services. Admission is free to active duty personnel. Admission to ticketed events is available for purchase for all others. For information on times, schedule and registration call (06134) 23353 or visit the chapter social media page at www.facebook.com/ausa8112.

Central Issue Facilities closing

The Baumholder and Wiesbaden Central Issue Facilities will be closed while the staff conducts their annual inventory Sept. 26 to Oct. 1. In case of emergencies during that time call the Baumholder CIF at mil 485-7470 or Wiesbaden CIF at mil 337-6127.

Check Fuel Card

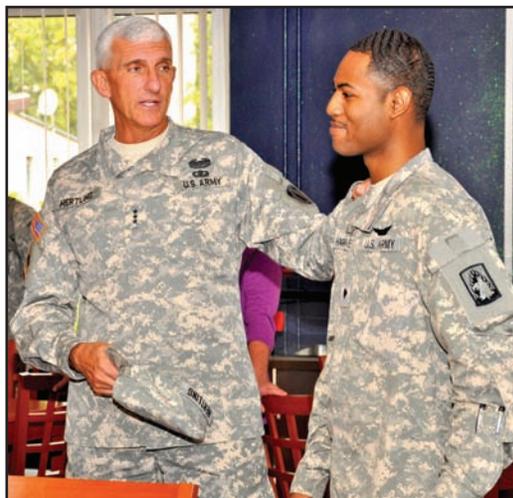
Army and Air Force Exchange Service officials advise patrons to check their Esso Fuel Card expiration date (lower right hand corner). If near expiration, customers must stop by the nearest AAFES Fuel Card issuing location for a replacement card. (Courtesy of AAFES Public Affairs)



Photos by Karl Weisel

Sharing ideas with Soldiers

Lt. Gen. Mark P. Hertling, U.S. Army Europe commander, talks to members of Wiesbaden's Better Opportunities for Single Soldiers during a tour of BOSS' new Warrior Zone on Wiesbaden Army Airfield. During the discussion, Soldiers talked about how BOSS reaches out to provide an opportunity for Wiesbaden Soldiers to participate in community service while also enjoying leisure time activities such as trips and sporting events. Hertling asked BOSS members to play an active role in helping stamp out sexual harassment through the I. A.M. Strong initiative. Photo left: Hertling talks with Spc. Lamonte Hargraves, Wiesbaden's BOSS president.



V Corps move

Continued from page 1

the "Rocky" character — "a tough kid from humble beginnings ... a fighter who flat out trained hard ... a guy who had a lot heart ... a guy who every time you counted him out, thought he was through, thought he wouldn't come back, knew he couldn't overcome the tough odds — always came back to achieve victory.

"V Corps reminds me of Rocky," he said, citing the many operations, support missions and battles in which V Corps participated since returning to Europe in 1951 from efforts during the Cold War defending the Fulda Gap to their most recent one year deployment in Afghanistan.

"This small group of Victory Soldiers ... and their Families are going to provide the baseline for something that is going to go down in history once again — a corps risen from an order to inactivate, to a corps that will finish a tough and a long fight with victory," Hertling said.

Acting V Corps commander, Brig. Gen. Ricky D. Gibbs, echoed USAREUR's senior leader in thanking host nation members in the audience for their "unwavering support and heartwarming friendship. ... We want you to know how much we appreciate today's welcome and everything you have done for us to make us feel welcome in this beautiful city."

Gibbs, who began his military career in Wiesbaden as a young lieutenant with 3rd Battalion, 28th Infantry,

and before that lived in Frankfurt and Stuttgart as a child accompanying his military father, said, "never in my wildest dreams would I have thought that I would return to Wiesbaden almost three decades later."

The V Corps leader reminded listeners of the enduring ties between the United States and Europe. "During the four decades of the Cold War, the sons and daughters of America stood side-by-side with the Bundeswehr and other members of the NATO alliance. ... They won this extraordinary victory, which changed the course of the world, without a shot being fired. ...

"The importance of maintaining strong relations between us is even more critical than ever in these challenging times," Gibbs said. "I can assure you that I, and all members of V Corps, will continue to foster the special ties that bind us together as close friends and allies."

The ceremony also served as an official welcome home for the close to 150 Soldiers who served in Afghanistan as part of V Corps' IJC Command Post 2. "We are honored to be here with all of you as we celebrate your return and want to extend a personal thank you after a demanding deployment to Afghanistan," Gibbs said. ... "Your performance throughout this challenging mission was superb, and we are proud of you for your excellent accomplishments and professionalism."

From the blotter

Compiled by the U.S. Army Garrison
Wiesbaden Directorate of Emergency Services

July 6

Baumholder: Two Soldiers are being charged with simple assault after being involved in an altercation and striking each other.

July 7

Wiesbaden: A Soldier is being charged with a traffic accident and not having a U.S. Forces Europe driver's license.

July 8

Baumholder: A Family member is being charged with a traffic accident after striking another vehicle.

Wiesbaden: An officer is being charged with a traffic accident after striking another vehicle.

July 9

Wiesbaden: A noncommissioned officer, who finally surrendered to law enforcement, is being charged with being absent without leave since May 12.

July 10

Baumholder: A Soldier is being charged with owning an unregistered vehicle.

Wiesbaden: A Soldier is being charged with a traffic accident after striking another vehicle.

July 11

Baumholder: A Soldier is being charged with owning an unregistered vehicle after allowing the decal and registration to expire.

Wiesbaden: A Soldier is being charged with drunken driving after failing to maintain control of a vehicle while intoxicated.

July 12

Baumholder: A Soldier is being charged with being absent without leave after failing to report from leave.

Wiesbaden: A Soldier is being charged with a traffic accident after striking another vehicle.

July 13

Baumholder: A Soldier is being charged with being absent without leave after failing to report from convalescent leave.

Wiesbaden: A Soldier is being charged with assault after being involved in an altercation which turned physical with the spouse.

July 14

Baumholder: An NCO is being charged with a traffic accident after striking a curb.

July 15

Baumholder: An NCO is being charged with a traffic accident after striking another vehicle.

Wiesbaden: A Soldier is being charged with larceny of government property after pilfering medical prescribed drugs.

July 16

Baumholder: A senior NCO is being charged with drunken driving after failing a breathalyzer exam.

Wiesbaden: An NCO is being charged with drunken driving after failing to maintain control of a vehicle.

July 17

Baumholder: A Family member is being charged with a traffic accident after striking another vehicle.

Wiesbaden: A Department of Defense Dependents Schools employee is being charged with a traffic accident after striking another vehicle.



Photo by Spc. Trisha Pinczes

Sgt. John Anthony Kasen, 557th Medical Company, trains multinational soldiers in Basic Lifesaving Skills during the pre-qualification phase of the Expert Field Medical Badge event.

EFMB: Not just for medics

By Staff Sgt. Thomas Wheeler
Special to the Herald Union

When you think of the U.S. Army Expert Field Medical Badge you may imagine battle-hardened medics just off deployment being tested on combat casualty tasks, trudging through dense forest on a land navigation course or gutting out the final steps of a 12-mile, forced road march for the right to wear the EFMB on their uniforms.

If so, you would be only half right.

At the 2011 U.S. Army Europe Expert Field Medical Badge Standardization and Testing, held Aug. 1-13, 285 U.S. and German military health professionals, from behavioral health specialists to dental technicians, gathered here to try their hand at earning the badge.

Since 1965 the EFMB has been awarded to U.S. Army medical personnel in recognition of exceptional competence and outstanding performance in field medicine.

Contrary to popular belief, the EFMB is not limited to only the military medical community.

"The EFMB is open to all U.S. or NATO military

personnel," said Staff Sgt. Dustin Miller, a previous EFMB recipient and evaluator on this year's Combat Testing Lane 2. "But only medical personnel can wear the badge".

Miller said that it is actually very beneficial for all service members, regardless of Military Occupational Specialty, to give the standardization and testing a try.

"It [the testing] has a lot of memorization, a lot of steps and a lot of sequences that can be applied to anything in life. It's a big learning tool," said Miller.

Miller stressed another reason for medical and non-medical Soldiers alike to prepare and participate in the EFMB testing: the knowledge to save lives.

"You never know when you will be called upon to save a buddy's life," said Miller. "Downrange it's not just medics pulling the wounded out of vehicles. It's one medic and a bunch of other Soldiers, so the more medical knowledge you have the more lives you can save."

1st Lt. Alan Vaughn, a first-time participant in the EFMB and laboratory officer assigned to the Landstuhl Regional Medical Center, felt it was important to give the EFMB a try.

"All and all it's a great opportunity to come out here to see how the lanes are run and to see the new medical standards," said Vaughn. "Working in a hospital, it's kind of hard to keep up on the current field standards. So this is a great opportunity for us to get the standards and bring them back to our units."

The EFMB test includes everything from warrior tasks, detailed combat casualty-care scenarios, a day and night land navigation course, and a 12-mile, road march.

"The EFMB has a 15-20 percent pass rate," said Sgt. 1st Class William Ambrose, noncommissioned officer in charge of Combat Testing Lane 3. "That's why it's such an honor to go through it and pass all these difficult tasks saying you're one of the best medics."



Photo by Sgt. 1st Class Christopher Fincham

German Soldiers complete the push-up portion of the Army Physical Fitness Test as they prepare for the Expert Field Medical Badge testing.

Center setting environmental standard

USAREUR's new Mission Command Center is 'LEEDing' the way

By Carol E. Davis
U.S. Army Corps of Engineers,
Europe District, Public Affairs
Office

Wiesbaden Army Airfield has seen German military air operations, U.S. Air Forces Europe control and will soon be the home of U.S. Army Europe.

Now, the pre-World War II airfield is transforming into a base that more closely resembles an eco-friendly college campus with pedestrian walkways, bike racks, parking garages and green spaces designed to meet the modern needs and concerns of the Army.

At the center of this transformation is the construction of the U.S. Army Corps of Engineers, Europe District-managed, energy-efficient U.S. Army Europe Mission Command Center.

From the start of the project, the design and construction have incorporated all requirements for a silver certification under Leadership in Energy and Environmental Design, or LEED, putting the building on track to be the Army's first silver-certified building in Germany.

Sustainable sites, water efficiency, energy and atmosphere, materials and resources, and indoor environmental quality are the environmental areas LEED uses to determine its levels of certification.

LEED provides a framework for identifying and implementing practical and measurable green building design, construction, operations and maintenance solutions, said Rich Gifaldi, a district sustainability



Photo by Karl Weisel

U.S. Army engineers continue to oversee construction of the new U.S. Army Europe Mission Command Center on Wiesbaden Army Airfield to ensure it incorporates all requirements for a silver certification under Leadership in Energy and Environmental Design — making it the Army's first silver-certified building in Germany.

engineering manager.

"The Army implemented LEED standards because they had goals to be more sustainable, to be more energy efficient, use less water and provide a better working environment for the people inside the buildings," he said. "LEED is an efficient tool to be able to measure how well those goals are met."

Designing and constructing a building from the ground up with green technology is exciting, Gifaldi said. It means the project can implement some unique ways to protect the environment.

One unique approach to managing construction sediment is the silt fencing which has been placed around the entire construction site, Gifaldi said.

"LEED requires the implementation of measures to prevent sediment from reaching natural water sources during construction. But by surrounding the entire construction site with silt fencing, they are taking the requirement to the extreme," he said.

The silt fencing is a temporary barrier designed to intercept and detain dirt and particles of sediment from the construction site. Rain and wash water

runoff are also filtered as they pass through the silt fencing. Gifaldi said by surrounding the site with silt fences the amount of sediment that passes into the storm drains and on to a nearby creek is considerably reduced.

Protecting the environment is only part of the LEED silver certification; providing a healthier working environment in the building is another part of the standards.

Dust is always generated during construction. In an effort to reduce that dust from passing into the ventilation system, openings in the duct work are sealed off when the system is not in use. This reduces the construction dust in the building's indoor environment and contributes to a healthier working environment for future occupants, which Gifaldi said contributes to improved employee health and comfort.

When the Mission Command Center is complete, Gifaldi estimated its total energy saving will be more than \$225,000 per year over a conventional U.S. constructed building.

"A building of this size consumes a huge amount of energy," Gifaldi said. "Through an energy efficient design, the

MCC is expected to use 27 percent less energy overall, which will significantly reduce the Army's footprint and that's what building green is about."

The two-year project will provide a three-story consolidated operation center with a flexible modular office design featuring "pods" which allows the user to tailor each space according to a specific mission.

Jamie McCormick, a district project engineer, said the pod concept, or open floor plan, is beneficial for the command and control operations of the users — as their needs change so can the spaces.

"There are limitless configurations with this concept, so the functionality of each space can be whatever is needed," McCormick said. "In general, the floors are raised 54 centimeters,

which allows for flexibility in communication and electrical configuration."

After more than 440,000 work hours and 1,600 workers, the center is approximately 67 percent complete, according to George Van Cook, district resident engineer. He said part of the MCC construction contract is a split-level designed parking garage with alternating levels, that are staggered by a half story height. By staggering the heights, the contractor reduces the garage's area footprint while providing additional parking spaces and producing a more efficient traffic flow.

Additionally, more than 85 bicycle racks will be available within 200 yards of the main entrance for employees wishing to protect the environment, improve their health, and save money by bicycling to work and between facilities on the airfield, Van Cook said.

The Wiesbaden Army Airfield was by the Army chief of staff as the 2011 Army's top installation and every project on WAAF is designed to make it an even better place to live, work and play for Soldiers, civilians and their Families, said David Fulton, director of the Wiesbaden Mission Support Element and deputy for the USAREUR Relocation Task Force.

"In today's environment, we have the opportunity and the obligation to make sound decisions regarding our financial, natural and energy resources," said Fulton. "We all benefit from the efficiencies designed into the MCC and take pride in knowing the MCC serves as a visible example of the U.S. Army in Europe's commitment to environmental stewardship."

Kaiserslautern Church of Christ

New PT standards offer 'total body workout'

By Sgt. Joshua Sizemore
V Corps Public Affairs Office

V Corps Soldiers in Wiesbaden are getting a taste of the new physical fitness standards called for in Army Training Circular 3-22.20 which has replaced Field Manual 21-20 of the Army Physical Readiness Training program.

The Army's new standard replaces one that has been in place since the 1980s.

"So far we're doing the stretching," said Sgt. Walter John Lukesh III, a human intelligence collector with the G-2 Office.

"There's a total body workout that helps Soldiers focus on the requirements for going downrange, specifically gear and combat loads," said 1st Sgt. Robert McClintock, V Corps. "(Wiesbaden) has only just scratched the surface. And this will prepare muscle groups that are typically strained from equipment loads."

The new standards improve individual military movement drills by speeding run times with shuttle sprints,

V Corps Soldiers integrate new with the old during training

according to trainers. Conditioning drills are used for focusing on all major muscle groups of the body during physical training routines.

Pull-up bars and obstacle courses will eventually become a mainstay of the V Corps morning routine. The habitual ruck march begun in July will eventually escalate to 12 miles.

"I'm a big fan of muscle endurance, but push-ups and sit-ups alone only go so far," said Lukesh.

Lukesh said he integrates the old with the new by allotting time for his Soldiers to extend their muscles in a way in which they are accustomed after his platoon complies with the new standards.

In the minds of some Soldiers, the old standards were a hindrance to unit cohesion because it segregated people into ability groups.

Structured physical training builds esprit de corps, said Lukesh.



Photo by Sgt. Joshua Sizemore

V Corps Soldiers take part in physical training during an early morning workout on Wiesbaden Army Airfield. The Army's new PT standards improve individual movement drills by speeding run times with shuttle sprints, according to trainers.

VRS

Reducing the risk of training injuries among Soldiers

By Maj. Vancil McNulty
U.S. Army Public Health
Command

Training-related injuries are the leading cause of clinic visits among U.S. military personnel.

Research has shown that the following six interventions are effective at preventing injury:

✍ **Stop overtraining** — Overtraining occurs when the amount of exercise is out of balance with recovery or rest. Running too much contributes the most to overtraining. Running more than three days a week for longer than 30 minutes can dramatically increase the risk for a lower extremity injury.

✍ **Perform multi-plane, body sense, and agility exercises** — Exercises that work the body in different planes (not just straight line running) and challenge stability represent the same movements required during more complex combat and sporting activities.

✍ **Wear mouth guards during high risk activities** — Mouth guards are effective for reducing injuries and should be used for any activity with a high risk of injury to the mouth and teeth.

✍ **Wear semi-rigid ankle**

braces for high risk activities

— There is excellent evidence that semi-rigid ankle braces reduce ankle injuries in high-risk physical activity such as airborne operations (parachuting), basketball, soccer and other similar high-risk activities.

✍ **Eat the right nutrients to restore energy balance** — Research indicates that consuming a combination of carbohydrates and protein within an hour after very strenuous exercise starts repairing muscles damaged during the activity. Eating 12 to 18 grams of protein and 50 to 75 grams of carbohydrate and drinking a fluid replacement beverage helps minimize muscle damage.

✍ **Wear synthetic blend socks to prevent blisters** — Foot blisters are among the most common injuries experienced by Soldiers and Marines, especially in recruit training. These blisters can cause infection and limitations in duty. There is good evidence that synthetic blend (for example, blends of polyester, acrylic, and nylon) socks prevent blisters to the feet, and cotton socks cause blisters, especially during long-distance marching.

Town hall, events fair merge for one-stop shopping

The community town hall and community events fair have merged into one community gathering where you can air your concerns, catch up on housing renovation, find out what excursions Outdoor Recreation has planned this summer or just enjoy the company of your friends and neighbors.

The event begins with an information session at 3:30 p.m. Aug. 24 at the Rheinlander Community Club.

The new forum will truly provide one-stop information shopping and more.

Community agencies will display flyers, have giveaways, brochures and field any questions one may have about their services.

Presentation of the quarterly volunteer awards begins at 4 p.m. in the main ballroom followed by Lt. Col. Sam McAdoo, U.S. Army Garrison Baumholder commander, covering upcoming community happenings.

Among the topics to be discussed are things like allowing

recyclables to be brought on post and the latest on washer and dryer installation.

The 170th Infantry Brigade Combat Team first sergeants will each present a "back to school cookie" that will be judged on looks and taste by the USAG Baumholder command team. The winner will receive a prize and the USAG Baumholder "Good Eats" trophy.

There will be snacks, refreshments and door prizes throughout the afternoon.

Also during the town hall portion of the event, Army Community Service offers free back-to-school survival skills classes for children ages five and up. Sessions will be broken down into grade categories: first to third grade, fourth to sixth grade and seventh grade and up. The sessions will address bullying, social skills, study habits, time management and more. The children will be watching videos, participating in interactive skill-building activities, group discussions



Photo by Ignacio "Iggy" Rubalcava

Family members view the various displays and gather information during Baumholder's last community events fair. The events fair and town hall have merged to provide even more comprehensive information to the community.

and a related craft activity.

For children 4 years and younger, there will be free hourly child care provided at Wetzel Child Development Center or parents can schedule

through family child care providers. Care will be provided from 3-5:30 p.m. Parents of registered Child, Youth and School Services children must call Wetzel CDC for hourly

care reservations at mil 485-7133, civ (06783) 6-7133 or Parent Central Services to obtain names of providers doing hourly care at mil 485-7003 or civ (06783) 6-7003.

ADAC Rally draws thousands to military training area

By Ignacio "Iggy" Rubalcava

U.S. Army Garrison Baumholder
Public Affairs Office

Once a year, all maneuvers and training come to a halt on Baumholder's military training area to make way for the thousands of race fans on their annual pilgrimage to witness the ADAC Rally Deutschland.

This year the annual ADAC Rally will be held Aug. 18 through 21 in Trier, the Mosel region, Baumholder and the Saarland region.

The third stage of this year's rally on Aug. 20 will again be held on Baumholder's Military Training Area.

The event historically draws hundreds of fans to the area and driving around Baumholder becomes extremely difficult.

Adding to the confusion and congestion, Aug. 19 through 21 is the city of Baumholder's annual Altstadt Fest, or Old City Fest.

The fest blocks off most of Kennedy Alley and Post Strasse



Photo by Ignacio "Iggy" Rubalcava

Sebastian Loeb maneuvers through the military training area during last year's ADAC Rally. Loeb is the current leader and last year's champion, having won all eight events in the greater Trier region.

throughout the weekend, so don't plan on driving much in downtown Baumholder when the rally and the fest are in town.

Rally fans can obtain ticket information online at www.adac-rallye-deutschland.de. The site has an English op-

tion on the upper left of the page. The ticket hotline is 49 185/960 960.

Dozens of drivers will be chasing French driver Sebastian Loeb, the current leader and last year's overall winner. The Frenchman was victorious

in all eight events held in the greater Trier region last year.

The rally begins Aug. 18 at Trier's ancient Porta Nigra where the drivers and cars will be introduced. On Aug. 19 the drivers will be chasing each other through the vineyards in

the Mosel region. Baumholder's military training area will challenge the drivers on Aug. 20. The course on the Arena Panzerplatte in Baumholder, as the training area is known to drivers and fans, is 34 kilometers long and is the longest special stage in the 2011 ADAC Rally.

After two more stages along the Mosel on Aug. 21, the drivers and cars will head to the grand finale in Trier for a spectacular race through the streets of Trier and around the iconic Porta Nigra.

The 360 kilometers the drivers will cover will take them through some of the most picturesque places in the region that include vineyards, switchbacks, Baumholder's Panzerplatte, Trier's legendary Porta Nigra and the city of Trier.

The final spectacular stage of the rally, known as Circus Maximus, is through the city of Trier with the conclusion of the rally being at the Porta Nigra.

FMWR roundup ... FMWR roundup

Officials clinic

Become a certified basketball official at the Installation Management Command-Europe basketball officials clinic Oct. 4-9 beginning at 8 a.m. The training is for adults 18 years and up. For more information call the Baumholder Sports Office at mil 485-7176.

Fitness schedule

Spin, Tuesdays to Fridays 6:30-7:30 a.m.
Spin, Wednesdays 5:30-6:30 p.m.
Yoga, Tuesdays and Thursdays 11:45 a.m. to 12:45 p.m.
Zumba dance, Tuesdays and Thursdays 5:30-6:30 p.m.
Self defense, Mondays and Wednesdays 1:30-2:30 p.m.
Adult ballet, Mondays and Thursdays, 5:30-6:30 p.m.
Body sculpt, Tuesdays 5:30-6:30 p.m.
Spin (Aquatics Center), Mondays and Wednesdays 6-7 p.m.
Aerobics schedules are available at www.baumholder.facebook.com or at the Mountaineer or Hall of Champions.

Operation Rising Star

Show the world what you can do. Win valuable prizes and the chance to compete in the Army-wide Operation Rising Star. Auditions are Sept. 19 beginning at 7 p.m. at the Hilltop Theater. The first round is at 7 p.m. Sept. 21 and finals are at 7 p.m. Sept. 23 at the Rheinlander Club. The contest is open to all active duty members and their spouses. Contact the Hilltop Theater at mil 485-7244 or email hilltoptheater@eur.army.mil.

Rolling Hills Golf Course lineup

Rolling Hills Golf Course events for August and September include:
American Club Championship, Aug. 20-21 at 9

a.m. each day, stroke play for Americans only.

Clubmeisterschaften (German club championship), Sept. 3 and 4 at 9 a.m., stroke play open to German club members only.

Rolling Hills Ryder Cup, Sept. 10 at 9 a.m., various formats, by invitation only.

Herbstpreis tournament, Sept. 18 at 9 a.m., Stableford format, everyone is welcome.

Erntedank tournament, Oct. 2, at 9 a.m., Stableford format, everyone is welcome.

Fall Scramble, Oct. 15, at 9 a.m., two person scramble, everyone is welcome.

A monthly kids clinic will be held Sept. 24 and Oct. 8. Instruction is from 10 a.m. to noon and the cost is \$5.

A Thursday night scramble is held every Thursday at 6 p.m. The cost is \$15 per person.

For more information call the Rolling Hills Golf Course at mil 485-7299.

Sesame Street comes to town

Baumholder's Directorate of Family, Morale, Welfare and Recreation hosts two 30-minute Sesame Street shows Aug. 30 at 2 and 5 p.m. The event is geared to Families with small children and is open to all ID cardholders and their guests.

Sign up, learn new skill

There are many different classes to choose from at the Creative Arts Center such as painting for beginners, beading, kids craft classes, decoupage, knitting and crochet. Find them online for dates and times by going to www.facebook.com/baumholderartscrafts, www.baumholderartscrafts.wordpress.com or email artscenter@eur.army.mil. For more information call Amy Danzeiser at civ (06783) 6-6687 or mil 485-6687.

Library events for August

August programs and events at the library include: Tuesdays, children's story time, all ages, 3:30 p.m.

Tuesdays, library resources for homework help, all ages, 5:30 p.m.

Tuesdays, Anime Knock Out Club, ages 18 plus, 6:30 p.m.

Wednesdays, book a librarian, all ages, 11 a.m. to 1 p.m.

Thursdays, children's story time, all ages, 10:30 a.m.

Saturdays, family fun, all ages, noon to 3 p.m.

Coupon swap, Aug. 21 at 2 p.m.

FRG flag football

Family Readiness Group flag football league team registration is Aug. 23 to Sept. 2. League play begins at 6 p.m. Sept. 12 at Soldier Field. League play is open to adults ages 18 and up. This is an opportunity for community members to participate in an organized league and interact with other community stairwell organizers. Registration and participation are free. Sign up at the Hall of Champions through Sept. 2.

Croatia beach party

Get away to Croatia Sept. 1-5 for \$265. This trip is a weekend getaway to the beach in historic Croatia which includes four overnights with breakfast and dinner. Transportation is not included but may be booked via Ryan Air or call Outdoor Recreation for assistance. Bus transportation is also an option. Outdoor Recreation and Rod and Gun Club are located in Building 8167 on Smith Barracks. Their hours are Mondays and Tuesdays 9 a.m. to 6 p.m., closed Wednesdays, Fridays through Sundays 9 a.m. to 6 p.m. Outdoor Recreation can be reached at mil 485-7182/6345/6202.

Sign up for Hired

The fall term of the HIRED program for youths ages 15-18 will be held Sept. 7 to Nov. 22. Earn cash and a certificate from Kansas State University in the 12-week program. Call Martha Nyako at mil 485-6810 for more information.

Outside the gate ... Outside the gate ... Outside the gate

Aug. 19-21

Powwow fest at Bostalsee, entrance fee

Aug. 19-21

Old City Fest in downtown Baumholder

ADAC Car Rally World Championship in Trier; the rally takes place on Baumholder's Military Training Area Aug. 20

Aug. 27-28

Handicraft and hobby artist market in St. Wendel, pedestrian zone

Sept. 2-4

Little Woodstock festival at Bostalsee, entrance fee

Sept. 2-6

Prämienmarkt in Birkenfeld

Sept. 2-6

Kusel fall fair, lots of rides for children and big market, shops open on Sunday

Sept. 3

Flea market in Metz, France, 7 a.m. to noon



Sept. 5

Market in Kirm, 8 a.m. to 2 p.m.

Sept. 10-11

Schinderhannes Räuberfest in Herrstein (Schinder-

hannes was a legendary highway man from the Hunsrück)

Sept. 11

Farmer's and hobby artist Market in Berglangenbach

Sept. 15-17

21st International Jazz Days in St. Wendel, Saalbau; entrance fee, details

at www.wndjazz.de

Sept. 17-18

European farmer's market in Ohmbach

Sept. 17-19

Baumholder City Fair (A market is held Sept. 19 at Kennedyallee.)

Sept. 25

Mountain bike tour in Heimbach, Sportplatz

Sept. 25

Opening of the new community center, Baumholder Protestant church

Oct. 1

Flea market in Homburg/Saar, 8 a.m. to 4 p.m.

Oct. 1-2

Medieval fest and copper melting at the copper mine in Fischbach

Oct. 9

Hobby artist and farmer's market

in Kirm. Shops are open on Sunday

Oct. 9

City Fest in Birkenfeld, shops are open on Sunday

Oct. 10

Market in Kirm, 8 a.m. to 2 p.m.

Oct. 16

Shops open in Idar-Oberstein

Oct. 22-30

Wendels Fair in St. Wendel, shops are open on Sunday, Oct. 23

Oct. 25

Wendels Market in St. Wendel, pedestrian zone

Oct. 31

Halloween children's party, St. Wendel, Saalbau, 5 p.m.

Oct. 31

Halloween Disco in Oberkirchen, Festhalle

Hilltop Theater caters to youths, Families

New this year at the Hilltop Theater is their after-school theater program. Starting Sept. 19, the Hilltop Theater will cast and rehearse the youth musical "Honk." A new member of the Baumholder community, fresh from Aviano, Italy, Kristen Holiday has volunteered to direct this musical based on a fresh take of the old story "The Ugly Duckling."

This show will be a 100 percent youth production.

Along with the after-school theater program, the theater will be working with the EDGE program to start "Teen Glee," as an after-school choir program.

Also this year, the Hilltop Theater will be working again

with the community haunted house and will be looking for volunteers in October to help build and staff their Halloween super scary event in the Rheinlander basement.

The Hilltop Theater troop expects to be completely moved into their new location on Smith Barracks, where the U-Fix-It Store is currently located, by January. This will allow them to start work on the biggest event of the year, "Seussical The Musical," which will be the 2012 Baumholder entry into the Toppers. This is a show for the entire family to participate in. Children and parents are invited to auditions in December.

There will be a tremendous

amount of work required to gut and build a new stage in the new location this fall so Hilltop Theater members are looking for help. Anyone who would like to "get physical" is invited to join the Hilltop Theater when they get the approval to begin work. Anyone who can swing a hammer or help haul wood, among other tasks, is invited. A request for help will be publicized as the time approaches and a work date has been set.

To find out more about the Hilltop theater, contact hilltop-theater@eur.army.mil or call Rebekah Ankrom, music director, or Eric Danzeiser entertainment director, at mil 485-7244 or civ (0151) 4-230-4083.



Margretta Beaty and David Vecchio act out the closing scene from "And Then There Were None" at the Hilltop Theater. The theater has introduced new programs for youth in their next season and is also preparing to relocate to a new location on Smith Barracks.

Hilltop Theater calendar

"Honk," youth after-school theater program

Nov. 11, 12, 18, 19, 20
Auditions Sept. 19

Hilltop Haunted House

Oct. 28, 29, 30
Auditions Oct. 17

Move to new location

October-December

"Suessical," musical, Topper entry

Feb. 17, 18, 24, 25; March 2, 3
Auditions Dec. 13, 14

All ages and all skills are needed.

"Greater Tuna," comedy

April 6, 7, 13, 14, 20, 21
(guest show-no auditions)

"Murder in the Rheinlander," dinner theater

June 15, 16, 22, 23, 29, 30
Auditions May 14

"Steel Magnolias," drama

Sept. 28, 29; Oct. 5, 6, 12, 13
Auditions Aug. 20, 21

Youth After-School Teen Glee Club

Starting Sept. 20

Students earn Advanced Placement Scholar Awards

Eleven students at Baumholder Middle High School have earned Advanced Placement Scholar Awards in recognition of their exceptional achievement on AP exams.

The College Board's Advanced Placement Program provides willing and academically prepared students with the opportunity to take rigorous college-level courses while still in high school, and to earn college credit, advanced placement, or both for successful performance on the AP

exams. About 18 percent of the more than 1.9 million students worldwide who took AP exams performed at a sufficiently high level to also earn an AP Scholar Award.

The College Board recognizes several levels of achievement based on students' performance on AP exams.

At Baumholder Middle High School, nine students qualified for the National AP Scholar Award by earning an average

score of 4 or higher on a five-point scale on all AP exams taken, and scores of 4 or higher on eight or more of these exams. These students are Alexander Bower, Sydney Giefer, Gabriela Jones, Adrian Julien, Benjamin Kubas, Margaret Lampe, Alexander McAdoo, Christy Williams and William Wilson.

Ryan Whitcomb qualified for the AP Scholar with Distinction Award by earning an average score of at least 3.5 on

all AP exams taken, and scores of 3 or higher on five or more of these exams.

Qualifying for the AP Scholar with Honor Award by earning an average score of at least 3.25 on all AP exams taken and scores of 3 or higher on four or more of these exams was Dakotah Pike.

Of this year's award recipients at Baumholder Middle High School, four were juniors: Sydney Giefer, Benjamin Kubas, William Wilson and Ryan Whitcomb. These students have at least one more year in which to complete college-level work and possibly earn a higher-level AP Scholar Award.

Joe Satellite

NCO Services

Church of God

Rock briefs ... Rock briefs ... Rock briefs

Expo is one-stop shopping info mall

The 2011 Baumholder Expo, scheduled for Sept. 10 from noon to 4 p.m. at the Hall of Champions, is a community event designed to be a "one-stop shop" for Soldiers, civilians and Family members to obtain information and services from numerous agencies, organizations and businesses on Baumholder and in the surrounding community. There will be a variety of information and resources as well as interactive activities for all ages. The event is focused on the total Army family to include single Soldiers, married Soldiers, families and civilians.

Bread, muffins deploy downrange

The American Red Cross at Baumholder is partnering with their sister station in Bagram, Afghanistan, to provide fresh-baked bread and muffins. The Red Cross is sending bread mix and muffin mix down-range in hopes of bringing a little fresh-baked goodness to Baumholder's deployed Soldiers. The Red Cross is looking for "add water only" mixes. The office in Bagram has two bread makers and one small bake oven. Donations other than bread and muffin mixes cannot be accepted. For more information call the Red Cross at mil 485-1760.

A free meal for youth

Child, Youth and School Services' Parent Central Services is accepting applications for the free and

reduced lunch program for school year 2011/12. This program offers free or reduced cost lunches to families who are eligible based on family size and income. To apply, pick up an application from your child's school, or the CYSS in Building 8743 in the Health Clinic Complex, second floor. Office hours are 8 a.m. to 5 p.m. You must have the most current leave and earnings statement for all working parents in the household and everyone must fill out a new application every school year. For more information call the CYSS school liaison officer at mil 485-6968.

Run for your life

The Baumholder Sports and Fitness Center will conduct the Women's Equality Run Aug. 26 beginning at 8 a.m. at the Hall of Champions. Registration is now under way at the Mountaineer Fitness Center. T-shirts are available for \$5 for those who sign up. The actual race is free for anyone desiring to run the course. Categories are male, female and youth 18 and under. Call mil 485-6671/7176.

Another upcoming run is the 9/11 Remembrance Day 5K Run Sept. 10 starting at 9 a.m. at the Hall of Champions. Categories include adults and youth 17 and under. No registration required and the event is free to all participants. A souvenir T-shirt can be purchased at the Mountaineer for \$5.

The Breast Cancer Awareness 5K Run is scheduled for Oct. 15 starting at 9 a.m. at the Hall of Champions.

Categories include adults and youths ages 17 and under. No registration is required, and the event is free for all participants. A souvenir T-shirt can be purchased at the Mountaineer for \$5.

Getting out of town now easier

The reassignment office has moved from the Director of Human Resources Building to the Central Processing Facility, next to the credit union in Building 8670. The Garrison Reassignment team, Tae Jindra and Deearrah Wyatt are collocated with out-processing and are ready to assist their customers. They may be contacted in their new offices with the original phone number at mil 485-8272/7080.

Make the Army better online

Getting involved in the Army Family Action Plan is now easier with the electronic issue card.

If you have a quality of life issue that is linked to the military such as military housing, child care issues, medical system, etc., that you would like to see changed, the Army Family Action Plan is the way to address the issue. Fill out an electronic issue card today and submit it as an issue for the Baumholder AFAP Conference in October. To submit an issue card go to <https://www.surveymonkey.com/s/2011BaumholderAFAPissueform>. For more information contact Johanna L. Kelly at Army Community Service at mil 485-8188 or civ (06783) 6-8188.

USAG Baumholder

Construction upgrades local schools

**Story and photo by
Chrystal Smith
U.S. Army Garrison Wiesbaden
Public Affairs Office**

At the start of this school year students and staff will see a number of changes all around on the Department of Defense Dependents Schools campuses in the Wiesbaden military community.

Most notable is the newly finished Wiesbaden High School gymnasium.

It is the first of three buildings to be completed in a multi-building contract totaling \$25.5 million.

The keys were turned over to DoDDS officials Aug. 16, just in time for the new school year. The \$10.5 million, 54, 600-square-foot facility has a larger playing court with six baskets, a multipurpose storage area, male and female locker room areas, larger

spectator area, office spaces, a concession area and a large fitness room.

According to garrison officials, the project will also call for the construction of a multipurpose room and a curriculum building. The multipurpose room has an expected completion of March 2012 and will be located adjacent to the new gym. The curriculum building will comprise technical training classrooms and be erected in the place of the old gym, which was demolished in July.

An additional project is programmed for 2013 to finish the remaining curriculum buildings at the high school.

Aukamm Elementary School students and staff can look forward to newly renovated media centers, classrooms, administrative areas, new flooring and cabinetry, electronic locks, a repaired

interior heating system, and upgraded electrical and local area network systems upon their return to school this year.

“We recognized there was a great need for improvement at Aukamm,” said Steve Arn, DoDDS-Europe project manager for Hainerberg, who said the renovations cost about \$1.1 million.

Hainerberg schools should not feel slighted as larger changes are on the way in the next few years.

“Military contract projects are being programmed for 2014-2015 to construct new facilities,” said Arn adding that renovations totaled \$130,000 for both schools. “Aukamm was not on the replacement list, therefore renovations were done.”

Work was done to replace the ceiling and remove asbestos in one Wiesbaden Middle

School classroom.

“The room has been tested and cleared,” said Arn.

At Hainerberg Elementary School, six classrooms received new carpeting, and the music room got a new coat of paint, lights and a fan as a result of mold remediation work.

DoDDS and garrison officials ask that students and patrons use the new facilities with care in hopes of encouraging a sense of school pride.

Contact the individual local schools for more information. For more schools



A worker installs a locker in the new Wiesbaden High School gym Aug. 8.

information, log onto DoDDS-Europe at www.eu.dodea.edu/home.

American Red Cross: Local branch offers variety of services

**Story and photo by
Chrystal Smith
U.S. Army Garrison Wiesbaden
Public Affairs Office**

In military communities the American Red Cross is primarily known for informing military members in times of crisis.

But the agency’s contributions go beyond relaying emergency messages.

“Service members mainly know us for our emergency communications program, but we offer a variety of services and programs to support the local community,” said Jana Fullmer, Wiesbaden American Red Cross station manager, explaining that the list includes health and safety training sessions such as standard first aid and CPR, volunteer programs and occasional disaster relief.

The Red Cross has been actively serving the military since the 1800s, when its founder Clara Barton tended to fallen Soldiers during the Civil War, risking her life to deliver supplies and support on the battlefield.

Continuing in that spirit, the agency offers various types of support year round to bolster the partnership it shares with the U.S. military.

“We’re available 24 hours a day,” said Fullmer.

A free benefit accessible to military families is the Dental Assistant Program. If accepted through an application process, a military spouse or dependent at least 18 years old and possessing a high school or general equivalency diploma



Ryan Peralta, American Red Cross volunteer health and safety instructor, demonstrates how to properly perform the chest compression maneuver when administering CPR to Babysitter Training enrollees during a session July 27 at Wiesbaden Army Airfield.

can become trained as a dental assistant. The apprentice works chairside with a dentist in the Wiesbaden Dental Clinic and completes 200 to 250 hours of practical training.

“If you took a similar course in the United States, you’d pay several thousand dollars,” said Fullmer. “It’s really a great opportunity.”

Health and safety training classes are offered at least once monthly to the community. The varied list includes Standard First Aid, Adult and Child CPR with Automated External Defibrillator training, Infant CPR, Babysitter Training with Child and Infant CPR, and now Pet First Aid and CPR.

Fullmer said that people use these

sessions to get training certifications required for their specialized career fields, recreation and precautionary reasons. “We have new parents come in. Recently two people were enrolled in the CPR course because they had to be CPR certified to rent a kayak from Outdoor Recreation.”

Many may not know that the local branch of the international agency provides disaster relief. In certain situations the agency is organized to help families in unique periods of loss.

“For example if a family is a victim of a fire or flooding, we can perform a disaster assessment and grant them money to help them get through that initial crisis situation,” said Fullmer.

Also available are numerous volunteer opportunities for members in the community.

“We have monthly volunteer orientations to get them active in the community,” said Fullmer, who added that volunteers usually outnumber the paid staff, and throughout the year about 65 volunteers are active through Red Cross in the community. “We have volunteers in the health and dental clinics, those who help us with the blood drives, fundraisers and health and safety volunteers.”

Fullmer stressed that the organization has a real need for volunteers to fill leadership positions to support the local Red Cross office. “The orientation is held every third Wednesday at 10 a.m. to get volunteers oriented to Red Cross.”

Additionally, the Red Cross does not stop at delivering emergency messages; for instance the Red Cross steps in for Army Emergency Relief after normal duty hours to make loans in emergency situations.

“Lack of funds, no matter what time of day or night, should never be a reason for a service member not to get home to take care of an emergency situation,” said Fullmer. “We’ll do everything we can to help you get home.”

Visit the office in Wiesbaden Army Airfield, Building 1023E, third floor or call mil 337-1760 or civ (0611) 705-1760 for more information about class offerings, blood drives and volunteer opportunities.

Deployed chaplain ministers around-the-clock, globe

By Lawrence Torres III
5th Signal Command
Public Affairs Office

About 90 days had passed for a small team of Soldiers in Afghanistan since they last had an opportunity to participate in a worship service.

Upon hearing this, Chaplain (Capt.) Ben Clark packed up his field service communion kit and went to fulfill his calling of ministering to Soldiers who slept in the dirt.

Clark's second deployment is proving to be exactly what he hoped for. After serving five years in Texas churches as a youth pastor, he started working as a campus minister at the university level with the Baptist General Convention of Texas' Campus Ministry Organization.

Clark enjoyed his work and thought he would be serving there his entire life, but after a few years he said he began to thirst for something more, something that challenged him in ways that campus ministry did not.

"Campus ministry began to bore me," said Clark, who deployed with 4-227 Attack Recon Battalion, 1st Air Cavalry Brigade, 1st Cavalry Division from 2006-07. "I realized after three years I was pretty much doing the same things every year. The only things that changed were the faces. I've always been an adventurous person, tiring easily of routine, repetitive tasks."

It was by mere accident that Clark happened to read an issue of *Army Chaplaincy* during a conference for campus pastors. In one article, a battalion commander spoke of the value of a chaplain to his staff.

"As I set the magazine down, I was gripped by the desire to be the person that the commander wrote about," said Clark, who has been a chaplain for more than five years. "This happened at roughly the same time I met the Army chaplain at my campus."

Clark said that most of the college students lived an easy and comfortable life on their

way to marriage, families and the American dream. However, this would no longer be his mission in life; he wanted to minister to Soldiers.

The road to becoming a chaplain became a mission in persistence and patience. After meeting with the Army recruiter, doing some research and prayer over the next few months, he wanted to become a chaplain, but the "Army, however was not looking for me," said Clark

In the fall of 2000 he started seminary at Southwestern Seminary in Fort Worth, Texas, specifically to prepare for the chaplain ministry.

"I called the recruiting office again almost five years to the day that I had called previously and their attitude couldn't have been more different," Clark said. "Within 45 days of that phone call, I had a complete application packet and an active duty endorsement from my faith group ready to submit to the board.

Since becoming a chaplain, Clark said he thinks that a lot of Soldiers who have no interest in religion or God initially hold chaplain's at arm's length.

"I always want to meet a Soldier where he or she is, and try to address immediate needs, spiritual or otherwise," said Clark. "To this end, one of my biggest efforts is to be where the Soldier is, sharing the same food and general hardships that

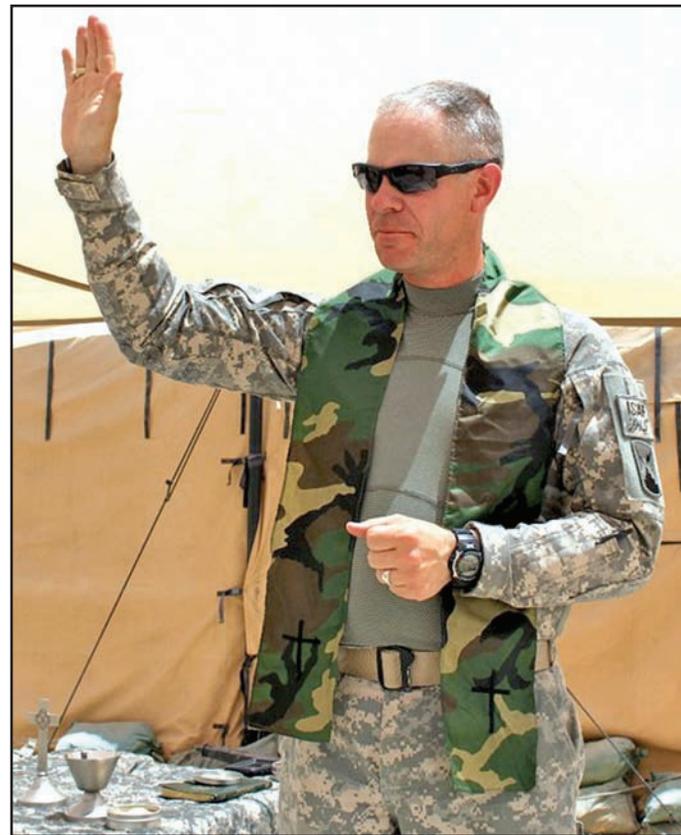


Photo by Spc. Robert Hadden

Chaplain (Capt.) Ben Clark, Task Force Atlas, 44th Expeditionary Signal Battalion, performs a field service for Company A Soldiers.

they endure. It's those times, hunkered down in a tent during a sandstorm or, more recently in Germany, a snowstorm, that a Soldier will come up to me and ask, 'Chaplain, got a minute?'"

Clark has the support of his commander to visit every Soldier in the Task Force, spread throughout Regional Command-North and RC-East. Being present with the Soldiers is one of his most important missions.

"I believe in being present, relational and relevant," said Clark, a native of Austin, Texas. "Sometimes, a Soldier needs the encouragement that scripture can bring; sometimes the Soldier just needs a sympathetic ear. Not a lot of Soldiers will embrace the Christian world-view like I do, but they almost always enjoy a visit from me.

"They like seeing a friendly face far out in the combat zone."

Auto Hollmann



Transformation insight

Kathleen Marin, acting director of the Installation Management Command Europe, gets a briefing on the new U.S. Army Europe Mission Command Center from Roger Gerber, director of USAG Wiesbaden's Transformation and Stationing Management Office, and Col. Jeffrey Dill, commander, during a visit to Wiesbaden Aug. 4 where she also toured medical facilities and housing construction.

Photo by Karl Weisel

Daily duties of dousing fires

Garrison firefighters stay tuned to battle blazes

By Lauren Moore
Special to the Herald Union

Imagine starting work at 7:30 a.m. That doesn't seem too bad, lots of jobs start at that time, just ask the mailman. Now imagine getting to work at 7:30 a.m. and not getting to leave your office until 7:30 a.m. the next day — a 24-hour workday — three days a week.

This is a typical routine for the men and women firefighters who work at Wiesbaden Army Airfield.

"Everyday is something new, but we have a set schedule for the most part," said Fire Crew Chief Enrico Gottschalk. "From arrival at 7:30 a.m., we switch with yesterday's crew, and then we switch out old equipment, make sure everything is ready in case of a new emergency and we inspect the cars. Breakfast is 15 minutes at 9 a.m. Then we have training until lunch, which varies on a day-to-day basis. For example, Thursdays are a thorough inspection of equipment. From noon until 1 p.m. we do further equipment checks and then resume training again until 4 p.m."

"Training is tough," said Fire Chief



Photos by Lauren Moore

Garrison firefighters perform routine driving inspections of the emergency response vehicles on the flightline at Wiesbaden Army Airfield. Photo below: Bob Edgin, instructor, details equipment operations during a routine training session at the fire department. Photo left: Garrison firemen restock and inspect supplies.

Daniel Corzelius. "We have a lot of requirements. You need to be able to be fully dressed, including helmet, in under a minute. And when there's something wrong on the airfield, we have three minutes to answer the call, take the information, get ready and dispatch and get to the scene."

"From 4 p.m. until 10 p.m. we are basically on standby," said Gottschalk. "We have to be in the station, ready to go if there is an emergency, but we don't work anymore. A lot of us do our physical training then because we need to stay fit and active for our job. There's also a TV in the room, and a lot of people bring their laptops, read or play sports. Then from 10 p.m. to 6 a.m. we sleep — though no one ever actually can fall asleep because of anticipation.

"This is all of course if nothing's going on. If there's a call, then we respond, and then we have to switch out all the used equipment and inspect the vehicles and equipment again, etc.," he said.

"Being a fire inspector is

different than being in the crew," said Fire Inspector Ed Kolbe. "I originated in the crew a long time ago, and the biggest difference was the 24-hour shifts. It was a totally different feeling. You lay there at night and you're never really asleep, just waiting for the alarm to go off. And when it does, the adrenaline just shoots through your body.

"Inspectors are more for project planning and giving fire protection classes to the public, administration duties, inspecting and investigating fires," Kolbe said.

Members of the Fire Department do more than just fight and inspect fires, though.

"That's just a small part of it," said Corzelius. "We do car accidents, airplane incidents, hazardous materials incidents and rescues."

"We get cats in trees too — that doesn't count as rescue," said Gottschalk.

On average the Fire Department responds to about 850-1,000 calls a year.



"It doesn't make a difference for us, whether we are helping Germans or Americans," said Gottschalk who is a member of the all-local national staff. "We like to do our job because we help and it's interesting. It's fun for everyone who does it, and every day is a surprise."

"The best part of the job is just working everywhere," said Corzelius. "We all fill in when and where we need to. Sometimes I'm a crew chief, sometimes I'm an inspector. It's always exciting." (Lauren Moore is a college intern with the garrison's Public Affairs Office)



Tax filing tips when selling one's home

The Internal Revenue Service has some important information to share with individuals who have sold or are about to sell their homes. The gain from the sale of one's main home may qualify the taxpayer to exclude all or part of that gain from their income. Here are 10 tips from the Internal Revenue Service to keep

in mind when selling a home.

► In general, one is eligible to exclude the gain from income if the home is owned and used as the main home for two years out of the five years before the date of its sale.

► If there is a gain from the sale of the main home, up to \$250,000 (\$500,000 on a joint

return in most cases) may be excludable from one's income.

► If the tax from the sale of another home during the two-year period occurs, the taxpayer is ineligible for the exclusion.

► The sale does not need to be reported if the gain can be excluded.

► A gain that cannot be ex-

cluded is taxable and must be reported on Form 1040, Schedule D, Capital Gains and Losses.

► A loss from the sale of a main home cannot be deducted.

► Worksheets are included in Publication 523, Selling Your Home, to help figure the adjusted basis of the home sold, the gain (or loss) on the sale and the excludable gain.

► Multiple-home owners can only exclude a gain from the sale of the main home. The main home is the one lived in the most. Taxes must be paid on the gain from the sale of any other home.

► If the taxpayer received the first-time homebuyer credit and within 36 months of the date of purchase the property is no longer used as the principal residence, the credit must be repaid and is due with the income tax return for the year the home ceased to be the principal residence, using Form 5405,



First-Time Homebuyer Credit and Repayment of the Credit; reflected as additional tax on that year's tax return.

► Be sure to notify the IRS and U.S. Postal Service upon moving to ensure receipt of refunds or IRS correspondence. Use Form 8822, Change of Address, to notify the IRS.

For more information about selling a home, see IRS Publication 523, Selling Your Home. This publication is available at www.irs.gov or call 800-TAX-FORM (800-829-3676).

For assistance with the tax implications of selling your home, visit the Wiesbaden Legal Center's Legal Assistance Office in Building 1023N on Wiesbaden Army Airfield. Hours are Monday, Tuesday, Wednesday and Friday from 9 a.m. to noon and Thursdays from 1-4 p.m. To visit with an attorney, walk-in hours are available Tuesdays from 9 a.m. to noon and Thursdays 1-4 p.m.

Autohaus Haese

USAG Wiesbaden

Community notes ... Community notes

New ID office hours

The Wiesbaden ID Card Office, located in Building 1023N on Wiesbaden Army Airfield, has new hours — Monday to Friday from 8 a.m. to noon (until further notice).

Red Cross classes

Pet first aid and CPR will be offered at the American Red Cross (Building 1023E, Room 223) on Wiesbaden Army Airfield Sept. 10 from 9 a.m. to 12:30 p.m. A standard first aid class with CPR/AED for adults and children will be offered Sept. 17 from 8 a.m. to 5 p.m. Call mil 337-1760 for details.

Note of thanks

The staff of the Wiesbaden Library thanks Embry Riddle University, United Furniture, Ciba Lathrache, Terimar Serrano, Laurimar Serrano, Anthony Jordan, Kelsey Jordan, Katie Dunphy, Audrey Scarborough, Angela Sanders; and members of the Directorate of Plans, Training, Mobilization and Security and the garrison's Headquarters and Headquarters Detachment for their support of this year's Summer Reading Program.

Sesame Street show

Don't miss the chance to meet Elmo and his pals Aug. 20 during two shows at 2 and 5 p.m. in the Wiesbaden Fitness Center. Performances are open to all ages and are free.

Community Open House

Learn more about everything available in the U.S. Army Garrison Wiesbaden, services and support, at a Community Open House Aug. 23 from 10 a.m. to 2 p.m. in the Wiesbaden Fitness Center.

Reduced hours

Starting Sept. 1 the Wiesbaden Education Center will be closed on all U.S. Army Europe training holidays and the weeks of Thanksgiving and Christmas for all counseling services, Army Personnel Testing, Army Learning Center and administrative services. All colleges/universities and the National Test Center (i.e., for CLEP/DSST exams downstairs) will continue normal hours of

operation and services as posted by the individual schools. Call mil 337-5559 or civ (0611) 705-5559 for more information.

New hours on Mainz-Kastel Storage Station

The Mainz-Kastel Storage Station Shoppette now closes at 7 p.m. and Burger King at 4 p.m. due to low customer use.

Charley's remains open until 7 p.m.

Girl Scouts celebrate the '50s

Girls ages 5-18 are welcome to join the fun at the Wiesbaden Girl Scouts Fabulous '50s Sock Hop Sept. 16 from 5-7 p.m. at the Wiesbaden Middle School gym. Come dressed in theme or

and enjoy ice cream floats and more. Contact Erin Fry at bluberry818@yahoo.com for more information. For more information on joining the Girl Scouts contact Cindy Fry at cindykayfry@yahoo.com.

Fitness center closed

The Wiesbaden Fitness Center will be closed Aug. 21.

Cub Scout Castle Fest

Members of Cub Scout Pack 13 invite community newcomers with boys who will be entering first through fifth grade to join them at a Castle Festival in Burg Eppstein Aug. 28 from 2-5 p.m. Meet members of the Pack 13 and enjoy typical activities such as trying on armor, cooking doughnuts over a fire and touring the castle. Scouts will meet newcomers in the courtyard just past the entrance (look for the Scout T-shirts). Admission is €1 for adults and 50 cents per child. To drive to the castle (which is just off Highway 455) set your GPS to Burgstrasse, 65817 Eppstein. Visit <http://sites.google.com/site/scoutpack13/home> for more information on Pack 13.

Blood drive

The Wiesbaden American Red Cross sponsors a blood

drive Aug. 18 from 9 a.m. to 3 p.m. at the Tony Bass Fitness Center on Wiesbaden Army Airfield. To register as a donor or for more information visit www.militarydonor.com. Call Jana Fullmer at mil 337-1760 for more information.

Hispanic Heritage Month

The 2nd Signal Brigade and U.S. Army Garrison Wiesbaden will celebrate Hispanic American Heritage Month Sept. 23 at the Wiesbaden Fitness Center. Call Sgt. 1st Class Gerrine Garcia at civ (0611) 705-7039 for details.

Banks closing

The Community Bank will upgrade its automated teller system in September. To facilitate the upgrade all banking centers will be required to close one business day each. The Hainerberg Shopping Center bank will be closed Sept. 14, the Mainz-Kastel bank Sept. 22 and the Wiesbaden Army Airfield bank on Oct. 5.

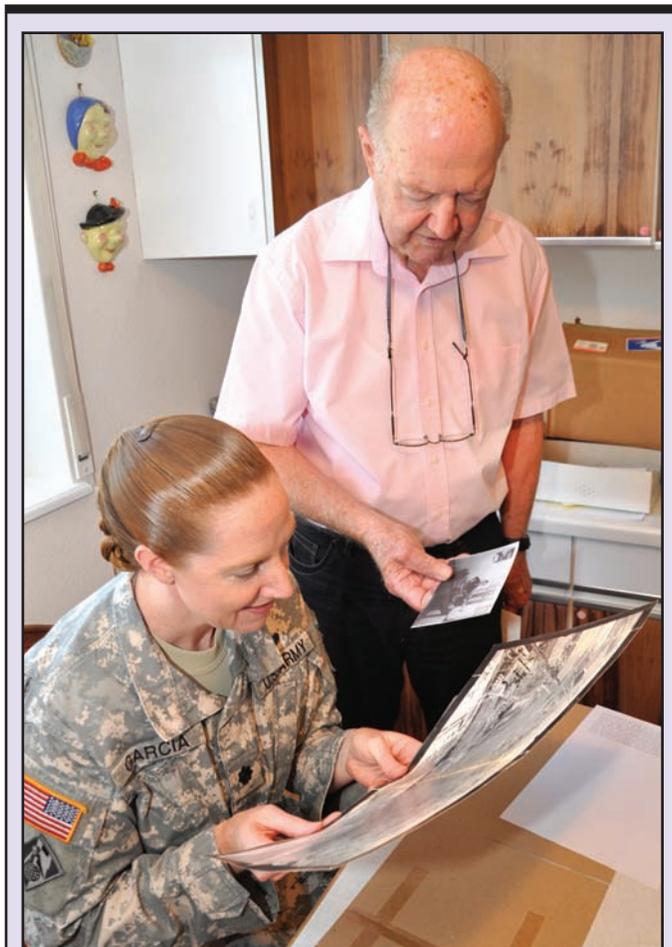


Photo by Karl Weisel

Keeping track of history

Lt. Col. Michelle M. Garcia, deputy commander of the U.S. Army Corps of Engineers, Europe District, looks over a photo of the Corps Headquarters in Oberwiesensfeld Air Base in Munich in 1948 as military historian Ronald Hirst tells her about its origin. The photo was given to Hirst, a World War II veteran and expert on the Berlin Airlift who lives in Wiesbaden, by the family of Air Force 1st Lt. Willis Franklin Hargis who died during one of the flights to supply the beleaguered city of West Berlin. Hargis had previously served as the provost marshal at Oberwiesensfeld before being called to Fassberg to take part in the airlift. The aerial photo shows the U.S. Army Corps of Engineers Headquarters in Europe at the time (on the site of what would later serve as the 1972 Olympic Village in Munich) which today is located in the former Amelia Earhart Hotel in Wiesbaden. Wiesbaden military community members are reminded to examine the street signs on Wiesbaden Army Airfield the next time they visit the installation — a tribute to those who fell during the airlift — thanks to the efforts of the Wiesbaden-based historian.

Beautiful Nails

Thai Massage
Praxis

Dr. Bianca Knoll

Ursula Weddig

Sharing the pros, cons of serving as military women

By Anna Lewinska-Kopper
Special to the Herald Union

They are military pilots and police; they disarm mines; and they patrol dangerous areas outside their bases. They command missile units, fighter squadrons and space shuttles. They are held as prisoners of war and they die in battle.

Recent history has shown that women can hold their own in combat, but discussion about allowing women to serve in all military occupational specialties continues.

Currently there are more than 213,000 women serving in the armed forces, about 15 percent of the total according to information at the Women's Memorial in Washington, D.C. Most — 72,000 — are Army members.

Very often motivated by patriotic ideals, they join the armed forces to serve their country and make a contribution to the nation. They also long for adventure and some adrenaline; they want to travel round the globe and gain respect.

Like men, they also join for the stability of the job. While other Americans are losing their jobs, Soldiers enjoy regular pay checks and salaries which increase with their rank and years of service. Military pay is equal for both sexes, unlike in the private sector where a pay gap still exists.

Moving up the ranks

Master Sgt. Renee Baldwin, a 19-year veteran, can look back on becoming the first female first sergeant for V Corps' Headquarters and Headquarters Company in 2007. "It's been the most challenging and memorable job I've had."

As first sergeant she was the right hand of the unit's commander. She was involved in everything from barracks inspections to disciplinary issues — with long working hours.

"I'd recommend the military for women as a great place to learn professional skills which are pretty hard to get and highly demanded in the civilian world too, like mechanics, engineering, logistics and medicine," said Sgt. Maj. Teri Battle Bankhead, a 25-year experienced Soldier with two masters degrees. "There's also a clear promotion system, and it is all up to you really."

Sgt. 1st Class Billi Mitchell, a Wiesbaden communications technician with 15 years in the Army, said, "I just got selected to get my own detachment."

Her skills and efforts have paid off, but it hasn't come without sacrifice. Mitchell is a single mother and had to leave her 6-month-old child with her father and his wife while she was deployed to Iraq.

Mitchell said she is most proud of having worked in the White House in the Communication Agency, spending five years providing communication for the Secret Service, media and the presidential staff.

"The Army organizational culture promotes an environment that is focused on masculinity," said Lt. Col. Yvonne Doll, an associate professor of military leadership at the Command and General Staff College at Fort Leavenworth, Kan. "Although the United States military was one of the first organizations to allow women and minority ethnicities equal status and equal pay, the Army still faces equity challenges with respect to promotion and advancement opportunities for women and minorities."

"Some things may take a little longer," said Baldwin. "Some male Soldiers may challenge their female bosses or make 'jokes' before they follow orders, while with a male boss above them, they just do it without any questioning."

"There is some prejudice," added Bankhead. "Being a boss, sometimes you have to put your big shoes on. Some males just

don't like a female in charge of them. You have to let them know who is in charge."

Negative experiences

"Women in the military cause more drama and problems," said Jessica (she asked that her last name not be used), who has served for 10 years and said she can't wait to get out because of medical reasons. "I joined the Army because I wanted to contribute something for my country."

Relating how shortly after she and her husband both joined the military, they were sent to bases far apart — Jessica to Georgia and her husband to Alaska — their marriage didn't pass the test of distance and separation. "They put him in lodging with single Soldiers. ... He started cheating on me with his roommate's sister."

More bitter experiences came during deployments to Kuwait and Iraq. "Hous-

ing conditions for single Soldiers were really bad. I saw people getting married only because it was a chance to move out of the barracks and go to better housing."

Although she was a skilled computer specialist, her duties were often completely unrelated to the profession, she said. "My task was filling up generators with diesel. It demanded lots of physical strength. I smelt like diesel for months. But I always tried to do my job the best possible."

"For the Army it doesn't matter if you are a tiny girl," she said. "You have to

lift heavy objects, too, if this is what your supervisors demand. I had to do it often. The military neglects natural physiological differences between men and women. Even the gear is designed for an average sized man. It fits a guy but not me. Gear which is not designed for women harms our health and leaves us women unable to fulfill our tasks

and defend ourselves in battle."

While the Army is already developing a woman's combat uniform and the Army Uniform Board will vote this fall whether to adopt it, it remains to be seen whether this will solve the problems experienced by women Soldiers.

"The military broke me," she said. "All the injuries I got during my combatives, at work, lack of adequate gear and a personalized PT caused serious neck and shoulder disorders, and I have to depend on medical treatment now."

Proud of contributions

Sgt. 1st Class Mikki Wentz, a chaplain's assistant with 15 years in the military, said she is proud of her contributions to the military — especially her deployment to Afghanistan, providing spiritual and psychological support to Soldiers in the war zone. "People become more spiritual when they are in the desert, isolated, far away from their families and home. It meant a lot for the Soldiers bringing them God and religious services. It was a big morale

boost that gave them strength."

"I have to be a mother, father and psychiatrist for young Soldiers who often just cannot take care of themselves properly," said Bankhead. "The nicest thing for me is to see them grow and get promoted."

Combat limitations

Women are still prohibited from some combat-related jobs, limiting their promotion opportunities. However, it may only be matter of time. At the beginning of this year, the Military Leadership Diversity Commission recommended to Congress and President Barack Obama to allow women access to these jobs.

"Female Soldiers are, on average, shorter and smaller than men, with 45-50 percent less upper body strength and 25-30 percent less aerobic capacity, which is essential for endurance," according to the Center for Military Readiness. Others argue that the presence of females could negatively affect the cohesion in combat units.

Sexual harassment and assault are negative aspects of mixing male and female warriors, despite ongoing efforts by the military to stamp out this criminal behavior.

Baldwin, a Sexual Harassment and Assault Response and Prevention specialist in her unit, conducts obligatory training sessions for Soldiers and civilian personnel.

The Army is currently carrying out a campaign called I. A.M. Strong, the message of which is: "As Soldiers, we are duty bound to Intervene, Act and Motivate others to stop sexual assaults and the sexually offensive language and gestures that create an environment friendly to this abuse." (Anna Lewinska-Kopper is a military spouse and volunteer with the U.S. Army Garrison Wiesbaden Marketing Office.)



Photo by Lauren Moore

Sgt. 1st Class Carmella Rivera and Maj. Tammy Howell pick up shell casings after firing at the Wackernheim Regional Range Complex.

Women warriors

Continued from page 1

ruck gave me a bulged disk," said Pfc. Stephany Lout, an intelligence analyst administrator with the 66th Military Intelligence Brigade. "I'm all gung-ho for women's rights, but I don't think they can handle the frontline. We just aren't built the same."

Spc. Joseph Gilbert, 557th Medical Company, echoed Lout's sentiments. "My opinion is that women shouldn't be on the front line. Women are more emotional creatures than men. If they saw all the bloodshed and war, they couldn't handle it the same way men could."

"Some men can't handle it mentally," said Sgt. Ronald Whiting. "You can have stress here or downrange. To be honest, women can do their job. So I'd be OK with them on the frontline. I've been downrange, and women can shoot just as well as men."

Master Sgt. Howard Dejean of the 5th Signal Command who was analyzing the shooting training by Maj. Tammy Howell, said, "She actually outshot the guy over there. After doing this job I can see there is no real difference."

"There is no difference," said Rivera. "The competition is the same. Actually, women compete harder than the men just to prove we can stand beside them."

"I think it'd be a good experience, but I could see a lot of problems that would come with it (women in combat units)," said Spc. Paige Burch, "such as power struggles and competition between the sexes that could interfere with our jobs."

"I don't believe women should be in the front line," said Staff Sgt. Ursino Ayala-Aponte, 66th MI Brigade. "They can't carry the same weight we do."

"Testing should be done for men and women and if you qualify, you should get to go, said Sgt. Yanina Sifuentes. "I want to go. This is what I signed up for. I didn't enlist as a male or female Soldier, I signed up to defend my country."

Whether official or not, change has already begun with the U.S.'s continued involvement in Afghanistan and Iraq. Many women have seen combat and have engaged the enemy.

"I have no problem with women going on the line. I was with 3rd Infantry Division when we moved into Iraq in 2006. It was the most memorable experience of my life," said Howell.

"I have been to combat and was a project manager in southwest Asia," said Capt. Laiza Correa, 2nd Signal Brigade. "We need to incorporate everybody. I think women are equally as capable as men. Being on the frontline can be stressful for anybody, no matter the gender."



Photos courtesy of Anna Lewinska-Kopper

Master Sgt. Renee Baldwin fires a .50-caliber machine gun during training at Joint Multinational Training Command's Grafenwöhr Training Area.



Sgt. 1st Class Billi Mitchell, 5th Signal Command, spends time with her daughter.

Visitors exit from the underground Simserhof fortress near Bitche, France, part of the Maginot Line, which was used both by the Allies and the Germans during World War II.

Heading underground in France to explore the

Maginot Line

Story and photos by

Karl Weisel

U.S. Army Garrison Wiesbaden Public Affairs Office

History was not kind to the grand ideas of French Minister of War Andre Maginot.

As the namesake for the massive line of fortifications intended to stop Germany from ever again overrunning France after the Franco-Prussian and First World Wars, Maginot, who died in 1932, didn't live long enough to see the completion and ultimate failure of his vision.

The Ligne Maginot, as it became known to the French people and first envisioned by Marshal Joffre, took 10 years to build starting in 1929. The series of underground bunkers lining the French border with Germany cost billions of French Francs — money that might have been better spent arming the French forces with tanks, artillery and aircraft, as General Charles de Gaulle suggested during the planning stages.

But after the Treaty of Versailles was negotiated in 1919 calling for Germany to return territory taken during the previous century and pay France for the destruction it had caused in the first world war, France's military planners were eager to reassure its citizens that an impenetrable line of defenses could be constructed to provide security in case Germany ever again decided to stray beyond its borders. Unfortunately, the Nazis had other plans. Rather than hurling forces against the massive defensive line, German military might poured through the least fortified section of the line — through Belgium and the Ardennes Forest — to quickly

overwhelm the French military and to claim Paris in mid-June of 1940.

While few of the underground fortresses of the line were actually taken by the Germans during fighting, when France fell, the men who defended the Maginot Line were ordered by their own government following the armistice to exit the fortifications and to surrender as prisoners of war.

Later during the course of the war several of the underground fortresses, which were primarily used by the Germans as storage bunkers, were once again defended, but this time by the Nazis, to attempt to stall the approaching Allies from occupying Germany. After changing hands a couple of times, the Germans were finally driven out for good and Bitche was liberated by the U.S. 100th Infantry Division in mid-March 1945.

U.S. military community members in the Baumholder and Kaiserslautern areas can get a firsthand look at this unique military engineering feat with a visit to one of the ouvrages in the area around Bitche, France. Tours, available in several languages including English, are offered at Fort Casso near Rohrbach and Simserhof, located between Bitche and Siersthal.

As one drives along the route

south of Zweibrücken toward Bitche, one is struck by the expanse of rolling countryside and deep valleys that separate the two European neighbors. Nearing the Ligne Maginot, one sees the occasional concrete bunker in a farmer's field, but doesn't truly get an idea of just how incredibly massive the Maginot fortifications are until entering one of its entranceways.

At Simserhof, visitors are invited to watch a film about the events leading up to its construction and eventual surrender before entering the hillside past gun ports, over a retractable metal walkway and climbing down 149 steps (or using the elevator) to begin a tour of the some five kilometers of tunnels, underground barracks, kitchens, doctor's office and other facilities. The tour concludes with a train ride through the tunnels with an interactive media display depicting what life must have been like for those who served deep underground.

Visitors are advised to bring a jacket as the temperature quickly drops after leaving the summer warmth outside and entering a space where the average temperature underground remains around 50 degrees Fahrenheit.

While the fortresses weren't connected to one another to

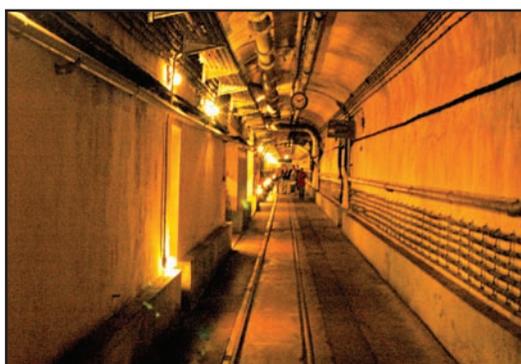
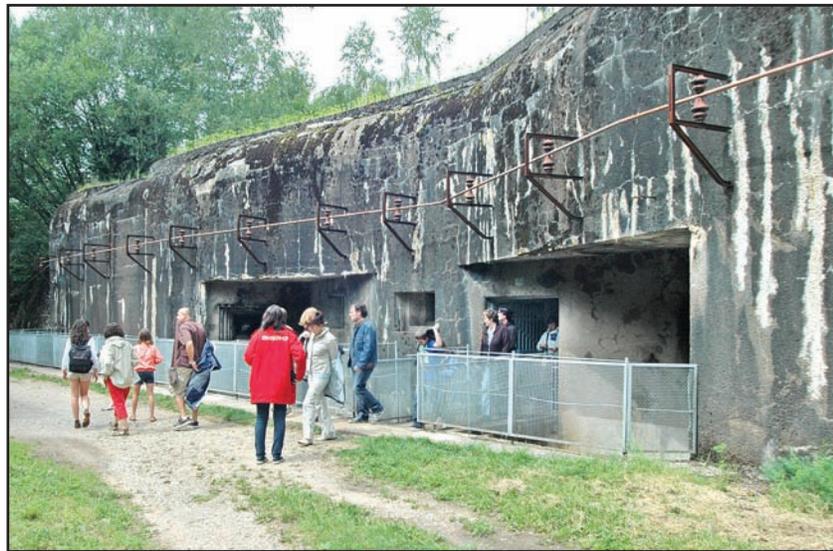
prevent a breach of the entire line, they each covered several kilometers of defensive line and were spaced about 15 kilometers apart.

More than 800 men served in the Simserhof *ouvrage* — remaining underground for months at a time in the dimly lit tunnels which served as passage for an electric railway system that connected the service and combat sections. One can only imagine what it must have been like for its defenders to overcome the claustrophobia of serving deep underground, cut off from their families and friends, only to be ordered to give up the fight and to surrender to their enemy.

In the years after World War II some of the Maginot Line facilities were used by the French military and as part of a Cold War defense against any possible Warsaw Pact invasion.

These days, visitors pass amiable cows and an abundance of wildflowers before descending into this unique landscape upon which the hopes of a nation hung in the balance in the years leading up to World War II. Both the Fort Casso and Simserhof fortresses offer regular tours every day of the week during the summer months. During other months of the year, tours are only offered during certain weekdays and weekends. For exact times visit www.simserhof.fr, <http://casso.fortiff.be> or send an email to resa@simserhof.fr or fort.casso@wanadoo.fr.

For more information about the nearby town of Bitche and its citadel, read the story on the garrison home page at www.wiesbaden.army.mil/hunior/Travel/Bitche.htm.



Visitors make their way through the five kilometers of tunnels at the Simserhof ouvrage.

Things to do

USO trips

Rhein-Main Area USOs offer trips to **Königsbourg Castle and Colmar** Aug. 27, **Rhein River cruise** Aug. 28, **Normandy** Sept. 1, **Rothenburg** Sept. 3, **Heidelberg** Sept. 3 and **London** Sept. 9. Stop by any Rhein Main Area USO office or call civ (0611) 731 301 for information.

Palmengarten blues

Sharrie Williams and the Wiseguys will perform at the Frankfurt Palmengarten Aug. 25. The Down Home Percolators with vocalist Klaus "Mojo" Kilian and guitarist Bernd Simon will also perform. Admission is €10. Advance tickets can be purchased at the Palmengarten on Siesmayerstr. 63 in Frankfurt.

Ramstein Bazaar

The Ramstein Officer's Spouses Club hosts the 47th annual Ramstein Welfare Bazaar Sept. 15-18. It will be open from noon to 8 p.m. Sept. 15, 10 a.m. to 8 p.m. Sept. 16 and 17, and 11 a.m. to 5 p.m. Sept. 18. Follow event signs after entering Ramstein Air Base. Visit www.ramstein-bazaar.org.

Outdoor Rec events

Baumholder Outdoor Recreation goes to a **wine fest in Bernkastel Kues** Sept. 4, the **Rhein Aflame** Sept. 10, **Paris** Sept. 10 and **Munich's Oktoberfest** Sept. 17 and 24. Call mil 485-7182 for details. Wiesbaden Outdoor Rec heads to **Paris** Aug. 27. Call mil 337-5760.

Christian dance

The Saturday Night Church features a performance by Tribus — youths and adults from Brazil — Sept. 10 at 7:30 p.m. The performance will include dance, theater, music, hip hop and more. The church (Christliches Zentrum Wiesbaden) is located at Daimlerring 8b in Wiesbaden-Nordenstadt.

Sports shorts

Boot Camp

Get fit. Get tough. Get ready. Wiesbaden Fitness Center holds a boot camp from Sept. 12 to Oct. 28 including cardio, in- and outdoor training, body weight exercises and more. Activities are mornings at 9:30 a.m. or evening at 5 p.m. Call civ (0611) 705-5541 or email Lee.townsend@eur.army.mil for details.

Hockey players wanted

The Baden Bruins Army hockey team seeks experienced players for the upcoming 2011/2012 season. The team includes both U.S. ID cardholders and local nationals. It is coached by former National Hockey League and German national players. Call Ken Robinson at civ (0172) 6263 642 or visit www.badenbruins.com for more information.

Skate/bike competition

Head to the Wiesbaden Skate Park in Hainerberg Housing Aug. 27 from 10 a.m. to 4 p.m. for a Back-To-School Skate and Bike Competition. Registration fee is \$20 per person. Skaters and BMXers are welcome. Call Leslie Gaylord at mil 335-5388 for more information.

Girls soccer

Are you between 10-16 years old? The girls teams of SV 1921 in Wiesbaden-Erbenheim seek new players who like soccer. Teams train Monday, Wednesday and Friday evenings. Call Thomas Engert at civ (0611) 724 085 for details.

Still free football tickets

The garrison's Public Affairs Office in Building 1023E on Wiesbaden Army Airfield still has free tickets to see the Wiesbaden Phantoms play fellow teams in the top German football division. Games are at 4 p.m. at the stadium next to the Brita Arena (across from the Hainerberg Shopping Center) Aug. 20 against the Stuttgart Scorpions and Sept. 3 versus the Munich Cowboys.

25-Hour Run

There are still a few spaces on the garrison's team to run in this year's 25-hour charity run in the Wiesbaden Kurpark Sept. 10-11. Check with your unit to see if it has arranged a team and sponsor or call the Public Affairs Office at mil 337-1400 to join those representing U.S. Army Garrison Wiesbaden.

Race for the Cure

This year's Susan G. Komen Race for the Cure to raise awareness about breast cancer will be held Sept. 25 starting at 10 a.m. on the museum row side of the Main River in Frankfurt. People can register in advance for the five-kilometer run or two-kilometer walk by visiting www.raceforthecure.de or on the day of the race from 8-10 a.m. at the race site.

Krav Maga classes

Krav Maga self-defense classes are held Tuesdays and Thursday at 6 p.m. at the Wiesbaden Fitness Center. A Krav Maga workshop will be held Aug. 27 from noon to 6 p.m. Stop by the center for details.



Photo by Lauren Moore

Custom framer Joe Gladney assists a patron at the Wiesbaden Arts and Crafts Center. Photo below: Baumholder community members work on a project at the Baumholder Arts and Crafts Center.

Getting crafty: Centers offer a wealth of experience, classes, supplies and assistance

By Lauren Moore
Special to the Herald Union

The days may be getting darker as fall approaches, but inside the Baumholder and Wiesbaden Arts and Crafts Centers it's always bright.

From posters to engraving, framing to woodshop — the staffs have made sure there is plenty to keep everyone happily engaged.

"There's a waiting list for the guitar and piano lessons," said Jim Quinn, guitar teacher, poster printer and laser engraver at Wiesbaden Arts and Crafts, describing some of the center's popular attractions.

Manager Eric Kramer said he is making big changes at the Wiesbaden center to appeal to even more patrons. "Before it was just the four centers — laser engraving, framing, printing and wood shop. ... I set up new displays to show the arts and crafts materials, and I'm going to be painting the walls soon."

Additionally, Wiesbaden Arts and Crafts has new vendors, new items for retail, clock making materials, jewelry materials, scrap book items, arts and crafts supplies and more.

"Embroidery — it's going to be happening," added Quinn.

"Basically it's going to be a mini-Michael's," said Kramer, referring to a popular arts and crafts chain in the United States. "Adult crafts classes are coming too. It's going to be wild, funky and across the board."

Old favorites aren't going anywhere, though, said Kramer, adding, "Our basics will still be do-it-yourself framing, woodshop, orientation classes, knitting, mommy and me craft time and build your own guitar."

Art classes are also a special draw at the Wiesbaden center. "I teach china, oil, acrylic, watercolor and drawing," said teacher Rudi Schiener, who has designed items for the Lenox china company. "Normally classes are Tuesday, Wednesday and Thursday, but I come in Fridays — whatever the public prefers."

"My unit gets stuff made in the woodshop all the time, but personally I come here to paint," said Michael Wheeler, 2nd Signal Brigade. "The supplies are great because they are cheap, they have a great variety and you can't find this stuff anywhere else. Plus the customer service is great."

"I really enjoy working here, because I love crafts — it's just fun," said employee James Ward.

Baumholder's Arts and Crafts, too, offers a wide variety of classes, supplies and the chance to share ideas with fellow community members. Besides professional framing, a plaque shop, photo studio and crafting resale shop, the Baumholder facility features a balloon center and monthly classes including basic beading, introduction to framing, macramé jewelry necklace making, knitting, crocheting, decoupage and pendant making.

To get started or to find out more about arts and crafts happenings call Baumholder's center at mil 485-6687 or Wiesbaden's at 337-5449.



School bits

School calendar

Local Department of Defense Dependents Schools-Europe teachers head back to work Aug. 23. Students (except kindergartners and Sure Start students) begin classes Aug. 29. Kindergartners begin Sept. 6 and Sure Start students begin on Sept. 13. Students and teachers are off Sept. 5 for Labor Day. Aukamm and Hainerberg Elementary Schools hold new student orientations Aug. 25 at 11 a.m., Wiesbaden Middle School's is at 12:30 p.m. that day and Wiesbaden High School's is at 2 p.m. Open houses are scheduled to be held at Aukamm Elementary School Sept. 1 at 4:30 p.m., Wiesbaden Middle School Sept. 8 at 4 p.m. and Wiesbaden High School Sept. 13 at 5:30 p.m. Baumholder Middle High School holds its new student orientation Aug. 26 at 1 p.m. and open house Sept. 14 at 5 p.m.

Working for DoDDS

Department of Defense Dependents Schools-Europe no longer accepts hard copy applications for jobs via email or fax. To apply for GS positions at the school level, applicants must now submit their applications through the DoDDS-Europe website, which is directly linked to the *USAJOBS.gov* Internet site. Upon visiting the DoDDS-Europe website at www.eu.dodea.edu/hr/open.php scroll down past the open continuous announcements to view the Heidelberg District vacancy announcements. Select the vacancy announcement number, position title and grade for which you wish to apply and then follow prompts on how to proceed with your application. If an applicant is selected for a position, a job offer from a human resources representative will follow. The selectee will be asked to complete in-processing paperwork which includes an electronic background investigation. Call the DoDDS-Europe Human Resources Office at civ (0611) 380-7533 for more information.

Show me college money

Learn how to navigate the college application process and find money to pay for it at the Show Me the College Money workshops every first and last Monday of the month from 6:30-8 p.m. at the Teen Center in Hainerberg Housing. Sessions are open to all high school students and their parents.

School physicals

The Wiesbaden Health Clinic advises parents to book appointments now for their children's annual school physicals. They are also reminded to bring their children's shot records. Call mil 337-6339/6320 or civ (0611) 705-6339/6320 to make an appointment. For those who have had a physical within the last 12 months, parents can drop off paperwork at the primary care desk where forms will be completed and parents will be notified when to pick up the forms (no appointment required). The clinic is open Monday to Friday from 7:30 a.m. to 4:30 p.m. (stays open until 6:30 p.m. on Tuesday).

Fall registration

The University of Maryland University College Europe holds registration through Aug. 21 for fall classes starting Aug. 22. UMUC Europe is also offering a new \$150 military book award for all active duty service members and its \$100 Europe book award for spouses and dependents of active duty service members (visit www.ed.umuc.edu/financial_aid). Upcoming field study courses include Expatriate Writers in Venice and Dublin: A Brief Literary History. Stop by the Education Center or visit www.ed.umuc.edu.

MBA from Phoenix University

The University of Phoenix offers classes leading to a Master of Business Administration. Thirty-six credit hours constitute the required course of study. Call mil 337-5940 or stop by the Wiesbaden Education Center in Building 1023E on Wiesbaden Army Airfield for more information.

Getting ready for school

By Chuck McCarter
Wiesbaden Middle School

While things seem to change more quickly each year, some things stay the same.

This year, as every year at this time, the Wiesbaden community readies itself for the beginning of another school year. As Families are shopping for new school clothes and supplies, teachers are preparing for the new school year as well. After a summer that may have included travel, relaxation, coursework and study, teachers focus on starting the year off right.

"I just returned from a week at a language school in Paris, which will allow me to keep my French certification," said Gina Ashton, Aukamm Elementary School. "At the same time I explored some interesting places for children and think I have a nice list of kid-friendly places in France to share with parents. As fun and productive for me as the summer has been, I look forward to seeing my students in August."

Wiesbaden Middle School teacher Sally Jones, who had a unique travel experience during the summer break, shares those sentiments.

"By August, I am always excited to get back to work, meet new students and approach the challenges," she said. "I went to China this summer and can't wait to share this experience with my students and colleagues."

Students in most Department of Defense Dependents Schools will begin Aug. 29, while most teachers must return to work Aug. 23. School administrators use those four days for meetings and training, and teachers use the time to prepare classrooms and lessons.

Many teachers, who may teach 18-150 students a day, will put in extra hours during this time, also working through the weekend, to ensure the first day is a positive and successful one for students.

Schools in Wiesbaden will have a number of new teachers, filling new positions or replacing those who have retired or resigned. Wiesbaden Middle School gains Jeff Pond as an as-



Photo by Chuck McCarter

Tammie Williams, Hainerberg Elementary School teacher, works with a student during a class session.

sistant principal who is coming from the now closed Mannheim community.

Wiesbaden High School will also continue its transformation as construction proceeds on its campus. The current inconvenience is compensated for by the knowledge that it will result in a much improved facility.

As school begins for Department of Defense Education Activity students, it is a good time to remember the continued high performance of the schools. In 2010 DoDEA schools continued to outperform stateside counterparts, raising scores on such indicators as the National Assessment of Educational Progress tests, TerraNova test and Scholastic Aptitude Test.

DoDD schools are noted as having caring and dedicated teachers who are experienced in working with the needs of the students from military families. Teachers provide a stable and supportive environment for a transient population and for students whose parents may be deployed. DoDD schools have been studied by other school systems and universities for their consistently high test scores and small achievement gap.

Parents play an important role in a student's education as well. Research shows that one key to success for a student is a supportive and involved family.

Each school in Wiesbaden will be hosting an open house, so parents should make plans to attend. Through such events students see firsthand the partnerships that are formed and that parents are on board as far as classroom and school expectations.

It should be noted, as with many organizations, it is best to work through the "chain of command," starting with the teacher first, when parents have questions about a child's school, classes or work.

Teachers in the Wiesbaden area are represented by the Federal Education Association, which is a state affiliate of the National Education Association. There are a variety of resources available on the NEA website for parents as well as teachers. One such resource is an Internet safety program offered by NEA's Health Information Network. To access the free program and newsletters about helping families ensure students' safety on the Internet, go to www.bnetsavvy.org.



Kyle Chandler (from left), Joel Courtney, Elle Fanning and Ron Eldard star in "Super 8."

At the movies Aug. 18 to Sept. 1

Baumholder, Wagon Wheel

- Aug. 19 — Harry Potter And The Deathly Hallows – Part 2 (PG-13) 7 p.m.
- Aug. 20 — Rise Of The Planet Of The Apes (PG-13) 4 p.m. Green Lantern (PG-13) 7 p.m.
- Aug. 21 — Kung Fu Panda 2 (PG) 6 p.m.
- Aug. 26 — X-Men: First Class (PG-13) 7 p.m.
- Aug. 27 — Mr. Popper's Penguins (PG) 4 p.m. Final Destination 5 (R) 7 p.m.
- Aug. 28 — Captain America: The First Avenger (PG-13) 6 p.m.

Wiesbaden, Taunus

- Aug. 18 — Thor (PG-13) 7 p.m.
- Aug. 19 — Green Lantern (PG-13) 7 p.m. Final Destination 5 (R) 9:30 p.m.
- Aug. 20 — Kung Fu Panda 2 (PG) 4 p.m. X-Men: First Class (PG-13) 7 p.m. Final

Destination 5 (R) 10 p.m.

- Aug. 21 — Judy Moody And The Not So Summer Summer (PG) 4 p.m. Final Destination 5 (R) 7 p.m.
- Aug. 22 — Final Destination 5 (R) 7 p.m.
- Aug. 23 — Green Lantern (PG-13) 7 p.m.
- Aug. 24 — X-Men: First Class (PG-13) 7 p.m.
- Aug. 25 — Green Lantern (PG-13) 7 p.m.
- Aug. 26 — Super 8 (PG-13) 7 p.m. Fright Night (R) 9:30 p.m.
- Aug. 27 — Mr. Popper's Penguins (PG) 4 p.m. Green Lantern (PG-13) 7 p.m. Fright Night (R) 9:30 p.m.
- Aug. 28 — Mr. Popper's Penguins (PG) 4 p.m. Fright Night (R) 7 p.m.
- Aug. 29 — Fright Night (R) 7 p.m.
- Aug. 30 — Super 8 (PG-13) 7 p.m.
- Aug. 31 — Mr. Popper's Penguins (PG) 7 p.m.
- Sept. 1 — Super 8 (PG-13) 7 p.m.



Jim Carrey has his hands full while training his penguin pals in "Mr. Popper's Penguins." Photo right: Toni Collette (from left), Imogen Poots and Anton Yelchin are terrorized by a bloodthirsty vampire neighbor in this remake of "Fright Night."



Movie plots

Fright Night (R) — Charlie Brewster (Anton Yelchin) finally has it all going on: he's running with the popular crowd and dating the most coveted girl in his high school. But trouble arrives when Jerry (Colin Farrell) moves in next door. After observing some very strange activity, Charlie realizes Jerry is a vampire preying on the neighborhood. Unable to convince anyone, Charlie has to find a way to get rid of the monster himself.

Mr. Popper's Penguins (PG) — Shortly after writing a letter to a team of Arctic explorers, Mr. Popper (Jim Carrey) is surprised to receive a penguin in the mail. After making his mischievous new pal a cozy new home in the freezer, the hapless Mr. Popper comes into possession of a playful female penguin as well. Before long Mr. Popper finds himself surrounded by a growing family of the flightless birds and begins training them to perform in a traveling show dubbed Popper's Performing Penguins.

Final Destination 5 (R) — In "Final Destination 5," death is just as omnipresent as ever and is unleashed after one man's premonition saves a group of coworkers from a terrifying suspension bridge collapse. But this group of unsuspecting souls was never supposed to survive, and, in a terrifying race against time, the ill-fated group frantically tries to discover a way to escape death's sinister agenda.

Super 8 (PG-13) — In the summer of 1979 a group of friends in a small Ohio town witness a catastrophic train crash while making a super 8 movie and soon suspect that it was not an accident. Shortly after, unusual disappearances and inexplicable events begin to take place in town, and the local deputy tries to uncover the truth — something more terrifying than any of them could have imagined. Stars Elle Fanning and Amanda Michalka.

X-Men: First Class (PG-13) — Before Charles Xavier and Erik Lensherr took the names Professor X and Magneto, they were two young men discovering their powers. Before they were archenemies, they were closest of friends, working together, with other mutants (some familiar, some new), to stop the greatest threat the world has ever known. In the process, a rift between them opened, which began the eternal war between Magneto's Brotherhood and Professor X's X-Men.

Green Lantern (PG-13) — Hal Jordan (Ryan Reynolds) is the first human ever selected to join the green lantern corps, a group of warriors whose mission is to protect peace and justice of the universe. Each green lantern bears a ring that gives him power. When a new enemy, the parallax, comes to light, the new recruit Jordan must face his abilities sooner than the other green lanterns expected. Blake Lively also stars.

Freestyle

Freestyle
